

# LYON ARBORETUM CLASS SCHEDULE

## SUMMER 2017

### YOGA AND MINDFUL HIKE

**INSTRUCTOR:** Lizabeth Kashinsky

Science has documented that both being in nature and mindfulness practices such as yoga and meditation are good for your health. Experience these benefits yourself by joining us on a mindfulness based guided hike through Lyon Arboretum followed by yoga in a beautiful studio with stunning views of Manoa Valley. Class meets on various Saturdays each month. (Please see schedule below.) Class size is limited, so sign up early. Sign up for one or multiple classes; each session will focus on a different theme and expression.

Bring a yoga mat, water, and writing materials in case you should want to journal after class in a beautiful outdoor setting. Previous yoga experience not necessary.

SAT. JULY 15 9:30a—12:00p \$20

SAT. AUGUST 8 9:30a—12:00p \$20

**Location:** Lyon Arboretum Visitor's Center Upstairs Classroom, then Arboretum grounds.

**Supplies:** Yoga mat, Water, Journal and pencil/pen (If you want to journal your experiences after class)

### WILI HEAD LEI MAKING WITH THE HUI HANA LEI GROUP

**INSTRUCTORS:**

Mona Miyamura-Lead Instructor

Hui Hana Lei Group Members

Lyon Arboretum's very own volunteer lei making group, Hui Hana Lei, will be sharing their knowledge and love of lei making with students in this class. Participants will learn the Wili method of creating leis. Wili, in Hawaiian, means to twist. The technique involves wrapping raffia or string around the back of the lei. Two different dates are available to choose from: August 3<sup>rd</sup> and 10<sup>th</sup>. Both dates cover the same topic.

THUR. August 3 9:30a—12:00p \$20

THUR. August 10 9:30a—12:00p \$20

**Location:** Lyon Arboretum Visitor's Center Downstairs Classroom

**Supplies:** Bring your own flowers and greens from your garden to incorporate into your lei.

The Lei ladies will be providing raffia as well as some of their own flowers and greens as well.

### CREATIVE WRITING INSPIRED BY NATURE

**INSTRUCTOR:** Lourena Yco

If you have stories to share, then you are halfway to becoming a writer. This class will provide some tools to help you generate, organize, and refine the stories you want to tell. The best stories are the ones we already know, so we will be using our experiences and our environment (the wonderful Lyon Arboretum) as our inspiration to create our stories.

Two classes will be offered. Sign up for one or both classes.

TUES July 11 9:30a-11:30a \$15

TUES July 18 9:30a-11:30a \$15

**Location:** Lyon Arboretum Visitor's Center Upstairs Classroom

**Supplies:** Please bring a pen or pencil, whatever you feel most comfortable to write with, and a notebook (composition notebook is highly recommended).

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### FINDING ABSTRACT FORM THROUGH FLORA

**INSTRUCTOR:** Ojay Tambio

Let nature awaken your creative soul through this art class. Students will use graphite, pastels or charcoal to create abstract pieces inspired by the beautiful surroundings of Lyon Arboretum. No worries about your art skills. Have an open mind and spirit to create.

**WED. July 19 9:30a-12:30a \$20**

**Location:** Lyon Arboretum Visitor Center Upstairs Classroom

**Supplies:** Participants can bring their own art supplies – pencil, charcoal, or pastels and a sketchbook.

### INTRODUCTION TO SUCCULENTS

**INSTRUCTOR:** Mark Daranciang

Are you a “succer” for succulents? Just wondering what all the fuss is about for these very popular plants? If so, sign up for our Intro to Succulents class. Participants will learn the basics about caring for and growing succulents. Staff from Once Again Nurseries will be sharing their love and knowledge about these very cool plants and will also have some for purchase during the class. Another class may be offered on a later date if this one fills up.

**SAT. July 22 9:30a-11:30a \$10**

**Location:** Lyon Arboretum Visitor’s Center Upstairs Classroom

**Supplies:** None

### BASICS OF BEEKEEPING—MANAGEMENT FOR HONEY

**INSTRUCTOR:** Max Towey

Management for Honey is the second class in the Basics of Beekeeping series. If you are interested in how to manage a hive for the production of honey, instructor Max Towey, will share his expertise with the class for this informative presentation. Topics will include swarm prevention as well as some general information to learn how to keep your bees healthy and happy. Because this will be a presentation only, no worries about bee allergies or requiring closed toe shoes. Just “bee” comfortable and bring your own notetaking materials if you would like.

**SAT. July 29 9:30a-11:30a \$30**

**Location:** Lyon Arboretum Visitor Center Upstairs Classroom

**Supplies:** Your own notetaking supplies

### ALL CLASSES REQUIRE PRE-REGISTRATION

- Registration is required for all classes. You will be enrolled on the day your payment is received.
- Class size is limited, and classes fill quickly. To avoid missing any of these great classes, register early.
- 7 day advanced notice of cancellation required for full refund.

**CALL 988-0456 OR USE THE FORM BELOW TO REGISTER**

### FOR CLASSES

- Payment can be made by check, cash or credit card.
- For information about upcoming classes, please call our Education Department at 988-0461

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**Registration is required for all classes.** You will be enrolled in the class the day your payment is received. Class size is limited, and classes fill quickly. To avoid disappointment, register early.

**Payment may be made by check, cash or credit card. To register, call the Arboretum's business office at:** (808) 988-0456, or drop off or mail your registration to the business office: c/o Class registration: Lyon Arboretum, 3860 Mānoa Road, Honolulu, HI. 96822.

**Class Cancellation and Refund Policy**

If it is necessary to cancel your registration, please notify Lyon Arboretum at (808) 988-0456. A full refund, (less a \$5.00 handling charge) will be issued with a minimum 7-day advance notification before the class date. No refunds will be made if you fail to show up for the class. The Arboretum reserves the right to cancel a class. A full refund will be issued if the class is cancelled by the Arboretum.

**ADULT CLASS REGISTRATION FORM**

Please register me for: \_\_\_\_\_  
(Print title of class, date of class)

My name is: \_\_\_\_\_  
(Please print)

My address is: \_\_\_\_\_  
Street City State ZIP

Daytime phone #: \_\_\_\_\_  
(Please print)

Email address: \_\_\_\_\_  
(Please Print)

Total class fees enclosed: \_\_\_\_\_



Please sign me up to receive an email notification of upcoming classes and events at Lyon. Yes \_\_\_\_ (make sure you have included you email address above if yes) No thanks \_\_\_\_

**See our website at [manoa.hawaii.edu/lyonarboretum](http://manoa.hawaii.edu/lyonarboretum)  
for event and class updates**